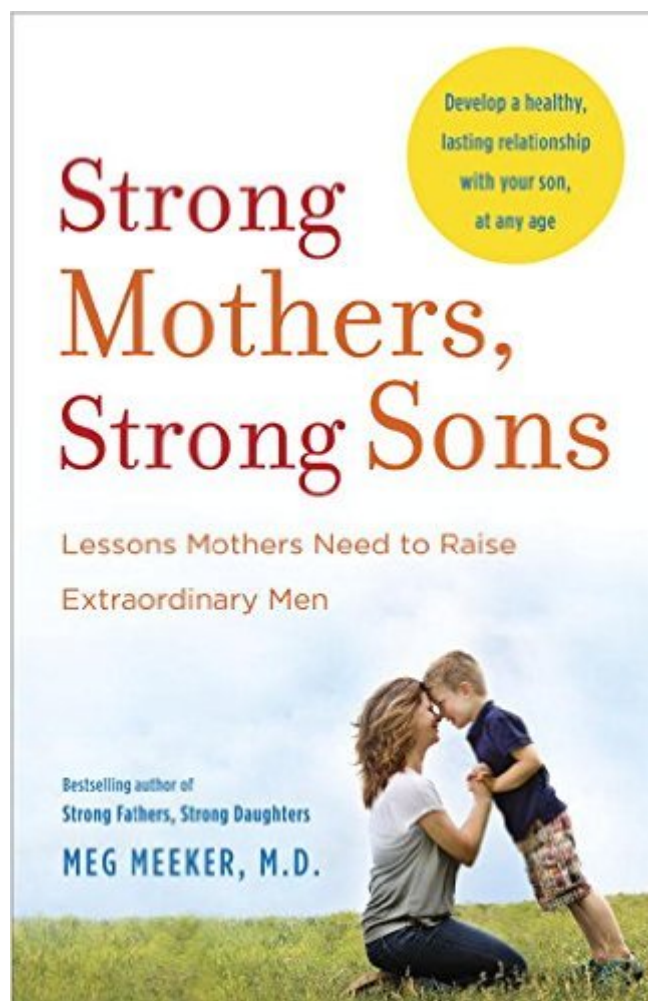


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# Strong Mothers, Strong Sons: Lessons Mothers Need To Raise Extraordinary Men



## Synopsis

Meg Meeker, M.D., acclaimed author of *Strong Fathers, Strong Daughters*, now turns to an equally powerful relationship in the family: the one between mother and son. From the moment a mother holds her newborn son, his eyes tell her that she is his world. But often, as he grows up, the boy who needs her simultaneously pushes her away. Calling upon thirty years of experience as a pediatrician, Meg Meeker, M.D., a highly sought after national speaker, assistant professor of clinical medicine, and mother of four, shares the secrets that every mother needs to know in order to strengthen or rebuild her relationship with her son. Boys today face unique challenges and pressures, and the burden on mothers to guide their boys through them can feel overwhelming. This empowering book offers a road map to help mothers find the strength and confidence to raise extraordinary sons by providing encouragement, education, and practical advice about the need for mothers to exercise courage and be bolder and more confident about advising and directing their boys the crucial role mothers play in expressing love to sons in healthy ways so they learn to respect and appreciate women as they grow up the importance of teaching sons about the values of hard work, community service, and a well-developed inner life the natural traps mothers of boys often fall into and how to avoid them the need for a mother to heal her own wounds with the men in her life so she can raise her son without baggage and limitations the best ways to survive the moments when the going gets tough and a mom's natural ways of communicating talking, analyzing, exploring only fuel the fire. When a mother holds her baby boy for the first time, she also instinctively knows something else: If she does her job right and raises her son with self-esteem, support, and wisdom, he will become the man she knows he was meant to be.

**Praise for *Strong Mothers, Strong Sons***

• "Solid, practical advice for women on how to properly nurture their sons." —Kirkus Reviews

• "Praise for Meg Meeker, M.D. *Strong Fathers, Strong Daughters* Dr. Meeker's conclusions are timely, relevant, and often deeply moving. No one interested in what girls experience growing up in our culture today and the impact that parents, especially fathers, have on the experience can afford to miss reading this book." —Armand M. Nicholi, Jr., M.D., professor of psychiatry, Harvard Medical School

• "Reassuring and challenging . . . a helpful road map for concerned fathers [that] tackles difficult issues." —National Review

• "Boys Should Be Boys If you want to raise a boy you'll be proud of, read *Boys Should Be Boys*."

• "Dave Ramsey, author of *The Total Money Makeover* Filled with inspirational vignettes, *Boys Should Be Boys* empowers parents to stay involved and protect their sons' innocence. It's a wonderfully written and eye-opening book—a must-read." —Neil Bernstein, Ph.D., author of *There When He Needs You: The 10 Habits of*

Happy Mothers <sup>®</sup> offers practical ways to help you let go of <sup>™</sup>mom guilt in order to become a happier, healthier woman. "Parent & Child" Just about any mom, or dad, can find useful wisdom in this book. "Associated Press

## Book Information

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## Customer Reviews

Bestselling author and M.D. Meg Meeker delivers a helpful, survival guide for mothers, who adore their sons. The author begins this interesting manual by sharing personal stories through many years of experience. The author discusses some of her patients she knew when very young, and the drastic changes that came into place, during their teen years. The changes that took place happened not only to the boys, but to their mothers as well. Meg Meeker discusses the mother-son relationship, devoted mothers, and core issues that mothers are confronted with. The author outlines the unique needs that boys have, while offering encouragement, and practical advice. Meg Meeker discusses the need to exercise courage, and the burden on single mothers, when it comes to raising sons. In addition, the author discusses the crucial importance of loving, when the going gets tough. Most important, when things go wrong in a relationship, the author explains why outbursts should not be taken personally. A few key factors to making things better would be teaching them how to love, and letting go a little. The reader will learn ways to have a better, healthier, and less stressed relationship. This clever book is a road map to help mothers become good enough to raise extraordinary sons. This book will guide those mothers, who feel like their efforts, never match up to their expectations. The author discusses who mothers really need to be for their sons, and who they

don't need to be. Meg Meeker also discusses today's society and the pressure on young boys, as their sense of being strong begins to plummet, and they enter the disturbing trend of becoming less motivated to excel.

It seems to be an unwritten rule in parenting that as soon as you get used to whatever life stage your children are at, they move into another one. My sons are currently thirteen and eleven which means that they are beginning that difficult transition from boys to men. We are clearly in uncharted territory here. Luckily for me, Dr. Meg Meeker, respected pediatrician and author, has written a new book all about parenting these men-in-training (and keeping one's sanity in the process!) "Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men" acknowledges that raising sons presents a challenge that raising daughters does not. After all, we women can remember being girls and young women; we can never fully understand what it is like to be male. We still have a very important role to play in our son's development, however. We lay the foundation for how he will relate to women for the rest of his life. Meeker also emphasizes that no matter how much we might want to also fill the "father" role in his life, we can't do that. Boys need to have a significant relationship with their father or another male role model if his father isn't available. What we need to be is the best mother we can be. "This book is about helping every mother understand and accept who she is and who she isn't . . . to accept that we are good enough, just the way we are, for our sons." Meeker shares the importance of spending time with our sons and telling them that we love them, even when they are in the midst of rejecting us in their quest to be independent. "Every boy reaches a time when he needs to make an emotional break from his mother." Sometimes we simply need to be patient and available, even if it takes months for them to share something with us.

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